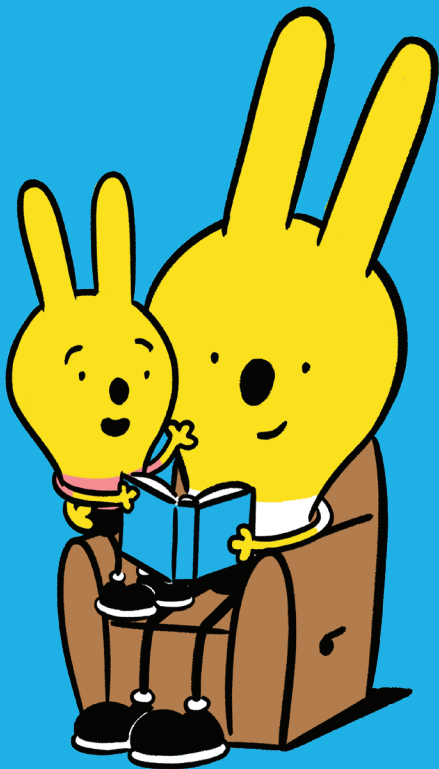


# Look at Me! I am 1!

How to make sure every child is thriving by five.



# Hello everyone!

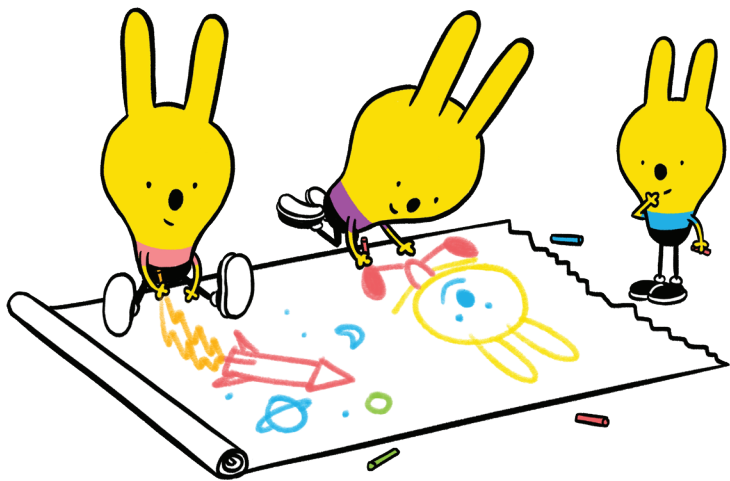
## My name is Tukay...

I'm about 2000 days old — that's why I'm called 2K... get it? For the first few years of my life I was a part of the First 2000 Days Network and the Calgary & Surrounding Communities Early Childhood Development Coalitions. They spent so many hours and so much energy working together to help spread the word about how important the early years of our lives are, and now I hang out with my friends at Calgary Reads so we can do the same!



Everything we do is to make sure that children just like me are READY for kindergarten and the first few years of school, the ones that create the foundation for all the learning that comes after.

We've found out how to build brains from other adults who are working hard on this issue, and we know that the best way to do that is to focus on the "five developmental domains" everyone keeps talking about (I just call them 'Doing', 'Playing', 'Feeling', 'Learning' and 'Expressing'). We know it's important that I feel loved, safe, strong, capable, fit, smart, secure and confident. So if you want to learn how to make sure YOUR kids feel that way too, READ ON!



I am excited about kindergarten!  
It may be a couple of years away,  
but here are some of the skills that I  
will need to have achieved by then:

- Get dressed, with a little help
- Go to the bathroom by myself
- Open my lunch containers
- Ask for help
- Take turns with my friends and with you
- Follow routines and schedules
- Listen and follow directions
- Understand basic safety rules
- Feel good about trying new things
- Take part in group activities
- Be curious
- Run, catch, throw, jump and tumble
- Be a helper
- Paint, draw, sculpt and build items from my imagination

# Hello adult. Welcome to my brain.

The first five years of my life are really, really important. That is when most of my brain is being wired. Scientists say that from the day I'm born, millions of neurons are making billions of connections. I am learning all the time at every moment of my day. Everything around me is teaching me but the most important teacher of all is you. YOU are my interpreter, my guide, my steward, my security and my bridge to understanding the world around me.

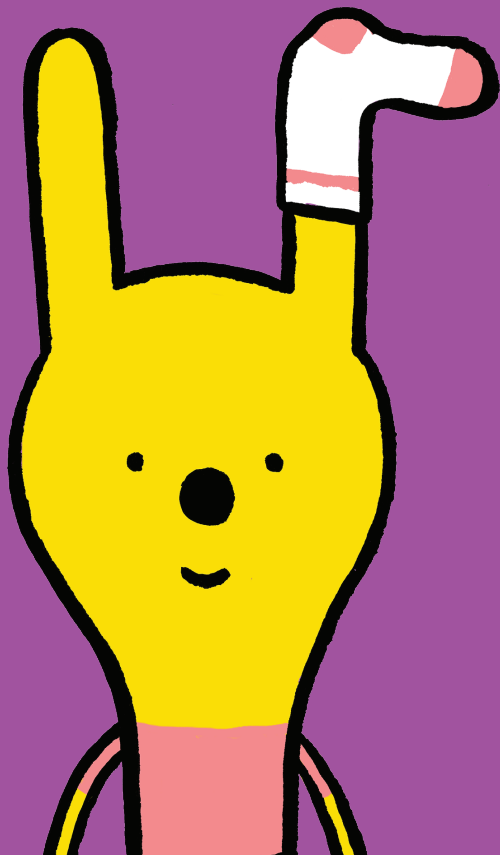
# This is your manual.

I learn constantly but there are some really basic things I need to be able to do really well by the time I am five years old. These are called **milestones** and I can't reach them without lots of help. YOUR help. So, take some time to read through these milestones and follow some of my suggestions. You'll notice that most of it looks a lot like play and that's no accident. Having fun is how our brains learn best.

By the time I am 1 year old, I should be able to do everything (and probably more) on the following pages.

Physical health and well-being

# DOING





I am 1 year old and now I can:

- Crawl and pull myself up to different levels to explore my environment
- Get into a seated position without support
- Put objects into a container

Let's practice:

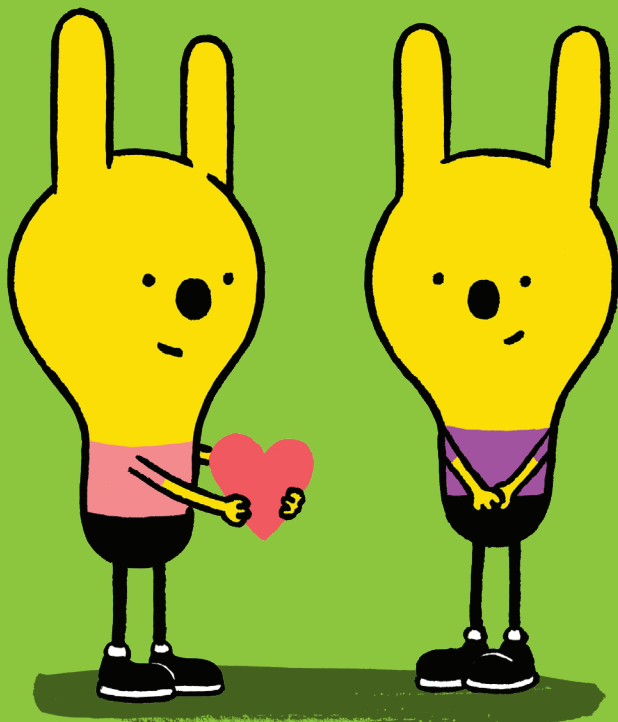
- Throwing soft balls back and forth
- Giving me utensils to feed myself with
- Scribbling with crayons or washable markers

Follow my lead!

- When we read books together let me turn the pages
- Give me safe finger foods
- I am becoming very mobile; create safe spaces for me to explore
- Let me help put my clothes on and take my clothes off
- Allow me to explore with my mouth, mouthing on safe objects like a toothbrush (no toothpaste, please) to encourage healthy oral care

Social competence

# PLAYING



I like to:

- Pass things to you, even if I don't let go every time
- Dump things on the floor and sometimes pick them back up
- Drop things from different heights and see your reaction

Let's start:

- Playing with stuffed animals and dolls; it doesn't matter if I'm a boy or a girl
- Exploring the world together and meeting new people

Follow my lead — you are my best friend!

- Name parts of my body when you dress me, I may start to lift my feet/legs to help
- Let me explore with safe objects in the house and copy what you do
- Take me outside everyday to explore natural textures, like grass, leaves and pinecones

Emotional maturity

# FEELING



I am just 1 year old!

- Sometimes I don't know why I am crying. Name my feelings to help me understand
- I may get upset when you have to leave
- I can laugh and be silly. It's contagious and can make us all feel good

Let's work on:

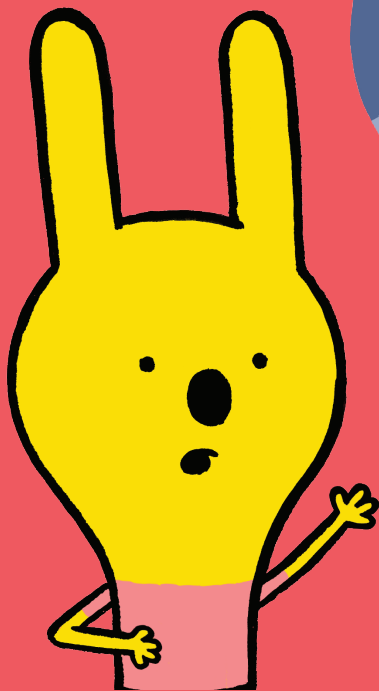
- Allowing times throughout the day that are quiet
- Making eye contact when you need to tell me something
- Reading more books

You can help!

- When you have to go without me, say goodbye and let me know you'll be back
- When I'm upset comfort me and label the feeling; it will help me calm down
- Model what you want me to do, I love copying you

Language and thinking skills

# LEARNING



By the time I'm 1 year old I can:

- Pick up and hold one toy in each hand
- Respond to my name
- Recognize people who are familiar to me

Let's start:

- Finding objects that you can hide under a blanket
- Giving me one-step directions like, "Throw the ball" or "Blow a Kiss"
- Taking turns putting blocks on a tower – say "my turn" and "your turn" as we go back and forth
- Doing simple 2 piece puzzles; help me problem solve when the piece doesn't fit

How do we do it?

- I learn so much through play! Let's spend lots of time reading, singing, playing, rhyming & talking indoors and out
- Ask me to find something in another room, like "Go get your blanket"
- Lets visit interesting places like a park, the grocery store, and the library

Communication skills and general knowledge

# EXPRESSING





I am 1 year old and I can:

- Say three words, for example: "ball", "more", and "up"
- Copy many sounds you make
- Use my voice to express delight, concern and other emotions

Let's start:

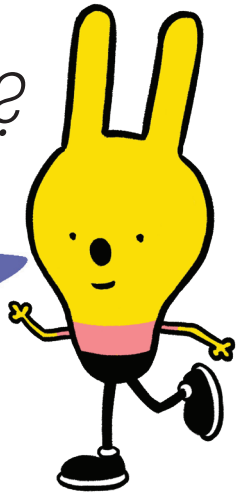
- Asking questions; "I hear birds, what do you hear?" or "Do you want to swing or climb?"
- Labelling people and things in our day
- Offering choices to support my independence

Please:

- Remember all children grow at different paces; I might not do the exact same thing as my friends
- I can learn many new words from reading books and talking about our everyday routines
- I'm still learning! Please model the correct way to say words

*Did you know?*

The number of words I've heard, and the number of books I own and have read, are two of the **BIGGEST** predictors of my school and life success? Sharing and reading books with me is one of the greatest single activities you can do to boost my school and life skills!



READING strengthens skills  
in **all five** of the  
developmental domains!

## **DOING**

exploring books helps develop my hand-eye coordination, eye strength, manual dexterity and fine motor skills!

## **PLAYING**

spending time reading with someone who cares about me helps me bond socially and learn about what safe, caring relationships feel like!

## **FEELING**

reading for just 6 minutes a day can reduce my (and YOUR) stress by 68 percent! Imagine what will happen if I get my full 20 minutes a day? It also helps me strengthen my patience, self-regulation, and attention skills!

## **LEARNING**

if you read just one book a day with me, that makes 1823 books by my 5th birthday! That's a lot of learning, and will help me make a reading habit that lasts for the rest of my life!

## **EXPRESSING**

from vocabulary to comprehension, reading is the ability that helps me unlock every other subject. I can discover 4000-12,000 words per year through reading! And people who read a lot are more likely to be in the top 2% of achievement throughout their lives!

# READING MILESTONES

<b>WHAT TO READ</b>	Sturdy books to touch and carry; books with images of children doing everyday activities (like sleeping or playing); books with rhyming and simple text
<b>WHAT IT LOOKS LIKE</b>	I speak basic words; start to say simple phrases; hand books to you to read; name and point at pictures; hold books the right way up
<b>WHAT YOU CAN DO</b>	Let me choose the books and turn the pages; make books part of routines like bedtime; name things and familiar pictures; respond when I point and talk; use books to help calm me down; get a library card; let me see you reading so I know how important it is
<b>WHAT WE'RE PRACTICING</b>	My ability to play alone for a few minutes; my growing independence; saying 'no!' and 'yes' and having those respected; playing next to other children; reacting to changes in routine; hugging and kissing familiar people

**READ, SING, TALK, PLAY, & LOVE EVERY DAY!**

# Owning books matters. A lot.

Here's where to get some for little to no cost:

- Calgary Reads
- The Little Red Reading House
- Your Local Library
- Little Free Libraries in your community
- Book Banks
- Goodwill and Secondhand Stores
- Book Sales
- Book Swaps with friends



want to learn more about  
the power of reading  
with your little one?

visit **[weeread.ca](http://weeread.ca)**

# Wait!

## What is serve & return?!

Imagine our brains are playing a game of tennis – every time I "serve" you an interaction, I'm expecting you to "return" it to me with one of your own! I talk, then you talk! You sing, then I copy! You play peek-a-boo, then I laugh! Back and forth, back and forth, building my brain every time it happens!



# It's a big job, but I think you're ready!

Okay, so here are some important things we need to get busy on:

- Book yearly health checkups with our doctor.
- Get me to the dentist by age one with periodic checkups based on my dentist's recommendations.
- Keep all my vaccinations up to date.
- Get my EYES checked:
  - 6–12 mos. (before my first birthday)
  - Another check when I'm 3
  - At age 5 before school begins
- Get my EARS checked when I'm a baby.
- Read to your child **every day** of the first 2000 days of life (and beyond!).
- Go to [healthyparentshealthychildren.ca](http://healthyparentshealthychildren.ca) for literally EVERYTHING you need to know from pregnancy onward. *(It might seem overwhelming but just focus on the stage you are currently at.)*

# Helpful links:

Stay engaged and active by using these links:

**activeforlife.com** – resources for parents and educators to support the development of physical health and wellbeing in children

**alberta.ca** – resources for families including supports and early childhood services

**albertafamilywellness.org** – the latest on brain science and early brain development

**calgary.ca** – for family spaces, events and activities

**calgaryschild.com** – great resource for activities and information

**calgarylibrary.ca** – free books and online resources to explore

**calgaryreads.com** – resources and information about literacy

**littlefreelibrary.org/ourmap** – where to visit little free libraries near you

**littleredreading.house** – based on the simple idea that if you create a comfortable, fun space for children to read, they will. Learn tips to do this yourself!

**parentsmatter.ca** – resources in different languages for parents

**reachinginreachingout.com** – promotes resiliency in adults and children

**vroom.org** – a free app with daily tips for families with children ages 0-5



# What to watch for:

Talk to your doctor right away if you see any of these signs:

- 1) no big smiles, eye contact or warm engagement by six months
- 2) no back-and-forth babble
- 3) a regression of speech and/or skills.

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“There are two gifts we give our children; one is roots, the other, wings.”

– *Von Goethe*

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# Notes

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This book was made possible thanks to the knowledge sharing of the following communities:



first**2000**days  
Early Childhood Development Network



Download a copy of this booklet:  
[calgaryreads.com/tukay](http://calgaryreads.com/tukay)

We acknowledge that we live, learn, work and play on land traditionally known as Moh'kins'tsis, on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Îyâxe Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.